



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-16-12)

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### 100254 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 30 LB

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade B or better sliced strawberries with sugar added. Fruit/sugar ratio is 11.5 to 1.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>30 lb case.</li><li>One 30 lb case AP yields about 53¼ cups thawed, sliced strawberries and juice and provides about 213.0 ¼-cup servings thawed fruit and juice.</li><li>One lb AP yields about 1¾ cups thawed, sliced strawberries and juice and provides about 7.10 ¼-cup servings thawed fruit and juice.</li><li>CN Crediting: ¼ cup thawed, sliced strawberries and juice provides ¼ cup fruit.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store frozen strawberries at 0°F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li><li>Opened strawberries may be stored in the refrigerator in a covered dated nonmetallic container for 2 days.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li><li>Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.</li></ul>

Strawberries, sliced, sweetened, thawed

	¼ cup (64 g)	½ cup (128 g)
Calories	61	122
Protein	0.34 g	0.68 g
Carbohydrate	16.52 g	33.05 g
Dietary Fiber	1.2 g	2.4 g
Sugars	15.31 g	30.61 g
Total Fat	0.08 g	0.17 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.38 mg	0.75 mg
Calcium	7 mg	14 mg
Sodium	2 mg	4 mg
Magnesium	4 mg	9 mg
Potassium	62 mg	125 mg
Vitamin A	15 IU	31 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	26.4 mg	52.8 mg
Vitamin E	0.15 mg	0.29 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals.</li><li>• Use in recipes for jellied salads, glazes, desserts, or other baked items.</li><li>• Also use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast, and preserves.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Do not refreeze strawberries.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.